“F.L.O.” Brief Intervention Model

“F” Feedback Using AUDIT-C, AUDIT, DAST (1-2 minutes)

- **Range**: AUDIT-C can range from 0 (non-drinkers) to 12 (hazardous, harmful, risk use of alcohol); AUDIT can range from 0 (non-drinkers) to 40 (hazardous, harmful, risk use of alcohol); DAST can range from 0 (non-drug misuse) to 10 (serious drug misuse).

- **AUDIT and DAST** have been given to thousands of patients in medical settings, so you can compare your drinking to others.

- **Normal AUDIT-C** scores are 0-4 for men and 0-3 for women, which is low-risk drinking; **Normal DAST** score is 0.

- **Give result**: Your score was…which places you in the category for higher risk of harm.

- **Elicit reaction**: What do you make of that?

“L” Listen and Elicit (1-5 minutes)

- Explore **pros and cons** of drinking or drug use. (What do you like about drinking? What do you like less about drinking?)

- **Summarize** both sides. (On the one hand…On the other hand…)

- Ask about **importance**. (On a scale of 1-10, how important is it to you to…(change)? Why did you give it that number and not a lower number? What would it take to raise that number?)

- Ask about **confidence**. (On a scale of 1-10, how confident are you that you can change successfully? Why did you give it that number and not a lower number? What would it take to raise that number?)

“O” Options - Goal Setting (1-5 minutes)

- Ask key questions about what they want to change, what is their goal. (e.g. Where does this leave you? Do you want to quit? Cut down? Make no change?)

- If appropriate, ask about the plan. (How will you do that? If you wanted to…how would you? Who will help you? What might get in the way?)

“S.E.W.” - Close on Good Terms (1 minute)

- Summarize patient’s statements in favor of change.

- Emphasize their strengths.

- What agreement was reached.

---

6 Adapted from Dunn, C, Fields, C. *SBI Training for Trauma Care Providers*. Substance Abuse and Mental Health Services Administration, CSAT. George Washington University, June 15, 2007.